

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

J. D. DUNSHEE, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

The Other Side of Public Health

Writing under the above title in the bulletin of the Santa Barbara County Health Department, Dr. Lela J. Beebe, director of its division of child and maternal hygiene, makes interesting comments relative to mental hygiene. Dr. Beebe recounts the activities in public health that have brought the average age of death to nearly sixty years and indicates the gratifying results that have been achieved through public health. She states further:

"But what of the quality of this longer life? What of the tremendous and increasing problem of ineffectual, unhappy and wasted lives? Is it not the concern of all of us to stem the tide of insanity and crime? Can not the public, through its official agencies, do something to lighten this burden of dependency before our civilization is destroyed and our people perish? We are confronted with the fact that more than half of all hospital beds in the United States are occupied by patients suffering from psychopathies of various sorts, who live at public expense for long periods of time. In February of this year, in California, 774 new cases were admitted to State hospitals for the mentally deranged. Think of it! In due time, many will return to their homes in an improved condition, but few will ever be valuable units in our social structure. Many others will never return, the net increase under care amounting to hundreds annually. These numbers represent only the most serious cases. Lesser abnormalities are many times more numerous, and while they may not require costly court pro-

cedure and institutional treatment, they are often a distinct liability, blighting our communities with their unhappy, unsuccessful, or even dangerous, existence. Found in every economic and intellectual stratum, they are incapable of satisfactory adjustment to family or community life—suspicious, quarrelsome, imagining themselves slighted, and brooding over their troubles and fancied wrongs.

What may be done to stem this mounting tide of serious illness? First, we must recognize the fact that psychopathies of all grades are sometimes curable and very largely preventable. The roots of psychopathic illnesses are to be found in early childhood. Most modern psychiatrists will concur in the statement that the starting point for the majority of insanities and nervous breakdowns is to be found in emotional attitudes established early in life—even in the preschool age. These unsafe emotional states show themselves in tantrums, fears, jealousy, negativism, or a feeling of insecurity and inadequacy, which may result in extreme shyness or the other extreme of bullying. They arise from unwise treatment in the home, where the child may be overindulged, overprotected, thwarted in his efforts to assume responsibility, treated with lack of affection, or discriminated against in favor of others in the family. A home where there is a great deal of quarreling, or even coldness, between the parents, or where there is marked economic strain which leads to a feeling of insecurity, may intensify the difficulty. When the child enters school he may, by reason of some

handicap, be unable to achieve a normal amount of recognition, such as every individual craves. It may be a physical handicap, such as a disease or deformity, or deficient size or strength, which eliminates him from many playground activities. Deafness, poor vision, or undue fatigue from faulty habits of sleeping or eating may contribute; or he may be one of those interesting cases (now estimated at about 10 per cent of the school population) which has definite functional difficulty in learning to read, even though possessing average or superior intelligence. All these factors have their place in starting or advancing the emotional difficulties referred to, and their early and careful consideration in each case is the first step toward remedy and prevention.

More specifically, the direct attack of these problems from the community standpoint is:

First—Adequate opportunities for guidance of parents in meeting the problems of the young child. The Santa Barbara County Health Department is endeavoring to do this through its fourteen health centers in the county, along with consideration of physical handicaps. Many mothers of small children now come to discuss habit training and emotional difficulties.

Second—Lessening of the teacher load, especially in the primary grades, to allow more opportunity for aiding the child to a successful adjustment to his school life—the beginning of his community life. A teacher load of forty or more, common at present in our schools, makes this impossible. Twenty is probably the maximum load for effective teaching in the primary grades.

Third—Provision for the recognition of faulty social relationships of the school child and for their removal. This implies opportunity for discussion with parents, children, and teachers in an attempt to bring about a common understanding of their individual problems as an aid in their solution. This is being done by the county health department, though at present inadequately because of insufficient personnel. Many of our extreme cases require the skilled services of a so-called 'child guidance clinic,' such as all our children's agencies in Santa Barbara County have so long advocated, but never achieved.

Fourth—Public facilities for correction of physical defects, where the expense can not be borne by the family.

NOTE.—There have been considered here only those good minds ruined by society's neglect. The numbers cited above do not include the multitude of feeble-minded who constitute another social problem, in the solving of which we must look to eugenics."

"Health is worth whatever expenditure is efficiently incurred in its maintenance or to secure its return."

AN OUTLINE OF THE LAWS OF CALIFORNIA WITH REGARD TO PUBLIC HEALTH PROCEDURES

LESSON IV

COMMUNICABLE DISEASE CONTROL

1. Must communicable diseases be reported?

Yes. The law requires all persons who may have knowledge of the presence of a case of communicable disease or of a case suspected as one of communicable disease to report such case to the local health officer.

2. Must the local health officer report such case?

Yes. The local health officer must report all such cases to the State Board of Public Health.

3. Which diseases are reportable?

The following diseases are reportable by California law:

Anthrax	Ophthalmia neonatorum
Beri-beri	Paratyphoid fever
Botulism	Pellagra
Chickenpox	Plague
Cholera, Asiatic	Pneumonia (lobar)
Coccidioidal granuloma	Poliomyelitis (epidemic)
Dengue	Psittacosis
Diphtheria	Rabies (animal)
Dysentery (amoebic)	Rabies (human)
Dysentery (bacillary)	Relapsing fever
Encephalitis (epidemic)	Rocky Mountain spotted (or tick) fever
Erysipelas	Scarlet fever
Flukes	Septic sore throat (epidemic)
Food poisoning	Smallpox
German measles	Syphilis
Glanders	Tetanus
Gonococcus infection	Trachoma
Hookworm	Trichinosis
Influenza	Tuberculosis
Jaundice (infectious)	Tularemia
Leprosy	Typhoid fever
Malaria	Typhus fever
Measles	Undulant (Malta) fever
Meningitis (meningococcic)	Whooping cough
Meningitis (cerebrospinal)	Yellow fever
Mumps	

4. Which of these diseases are subject to quarantine?

The following diseases are quarantined in California:

Cerebrospinal meningitis (epidemic)	Poliomyelitis
Cholera (Asiatic)	Scarlet fever
Diphtheria	Smallpox
Encephalitis (epidemic)	Typhoid fever
Leprosy	Typhus fever
Plague	Yellow fever

5. Are there special regulations for the control of the various communicable diseases?

Yes. In accordance with the provisions of the law, the State Board of Public Health has prepared rules and regulations for the control of the various communicable diseases. These are published in separate pamphlets.

6. Are there local regulations for the control of communicable diseases?

In some cities, local regulations for communicable disease control have been set up. The regulations of the State Board of Public Health take precedence, however, and must be enforced. Cities, however, may establish more stringent regulations, if they are desired.

7. What is the area of quarantine?

The area of quarantine is determined by the local health officer. It may consist of a single room, or it may constitute the entire premises. The determination of the area quarantined comes under the jurisdiction of the local health officer.

8. Are different signs used for the quarantine of cases of different diseases?

No. A standard quarantine sign is prescribed by law. The letters of the word "quarantine," as it appears upon such placard, shall be printed in plain and legible letters at least two and a half inches in length. The name of the disease is not printed upon such placard.

9. Is there a penalty for failure to observe quarantine regulations?

Yes. Failure to obey quarantine regulations constitutes a misdemeanor punishable by fine or by imprisonment, or by both fine and imprisonment.

10. Is there a penalty for failure to report a case of communicable disease?

Yes. Failure to report a case of communicable disease is punishable by fine or by imprisonment, or by both fine and imprisonment.

11. What is meant by isolation?

Isolation is detention necessary to insure noncontact with persons who may be susceptible to contracting the disease.

12. What is meant by the term "contact?"

A contact is a person who has come into contact with an individual who has an acute case of one of the communicable diseases and who may have been exposed to the transfer of infectious material either directly or by articles that have been soiled with such infectious material.

13. What is meant by the term "carrier?"

Any person (1) who has not suffered from a communicable disease, but who nevertheless harbors the causative organisms, or (2) any person who has recovered from a communicable disease and, after clinical recovery, continues to harbor the causative organisms.

14. Is disinfection necessary?

Concurrent disinfection is of first importance. It is performed repeatedly during the period of infectiousness for the purpose of making all secretions and excretions discharged by an infectious person noninfectious, and which will make noninfectious all bedding, utensils and other objects which may have been contaminated by such secretions or excretions.

(Lesson V will appear next week)

MOTOR VEHICLE FATALITIES INCREASE

There were 2403 deaths in automobile accidents last year, as compared with 2347 such deaths in 1932. Of these 2403 deaths, 1816 were in men and 587 in women. There were fewer deaths in collisions of motor vehicles with pedestrians, but more in collisions of motor vehicles with other motor vehicles, railroad trains and electric cars. By age groups, motor vehicle deaths in 1933 were as follows:

Under one year	3
1 to 4 years	47
5 to 14 years	145
15 to 24 years	413
25 to 34 years	379
35 to 44 years	360
45 to 54 years	385
55 to 64 years	336
65 years and over	335

It is interesting to note that out of 809 deaths in accidents involving motor vehicles and pedestrians, 221 were in individuals 65 years of age and over. Fatalities in noncollision accidents involved the age group 15 to 24 years, more than any other. More deaths in collisions of motor vehicles with motor vehicles occurred in the age groups 15 to 24 years and 25 to 34 years than any others. Elderly people as pedestrians are more often killed in motor vehicle accidents than those pedestrians who are younger. However, a considerable number of children under 15 years of age were also killed in accidents involving motor vehicles and pedestrians. Young adults universally are more often killed in fatalities involving collisions of motor vehicles with motor vehicles and in noncollision accidents than are others of either younger or older age groups.

MORBIDITY*

Chickenpox

394 cases of chickenpox have been reported, as follows: Alameda County 1, Berkeley 1, Oakland 41, Pleasanton 2, Richmond 1, Fresno County 3, Fresno 13, Reedley 3, Kings County 1, Lake County 1, Los Angeles County 25, Alhambra 3, Beverly Hills 5, Burbank 3, Glendale 9, Huntington Park 1, Long Beach 5, Los Angeles 92, Monrovia 3, Montebello 1, Pasadena 5, Pomona 1, Redondo 8, Santa Monica 5, South Pasadena 1, Torrance 2, Lynwood 2, Hawthorne 3, South Gate 2, Bell 1, Madera

* Complete reports for above diseases for week ending May 19, 1934.

County 2, Monterey County 1, Orange County 2, Laguna Beach 1, Riverside County 5, Riverside 2, Sacramento County 1, Ontario 1, San Bernardino 1, Upland 1, San Diego County 8, National City 1, San Diego 16, San Francisco 30, San Joaquin County 3, Stockton 3, San Luis Obispo County 17, San Luis Obispo 2, San Mateo County 1, Daly City 3, South San Francisco 9, Santa Barbara County 4, Lompoc 16, Santa Clara County 7, Gilroy 2, San Jose 1, Siskiyou County 3, Turlock 1, Dinuba 1, Exeter 4, Oxnard 1.

Diphtheria

41 cases of diphtheria have been reported, as follows: Los Angeles County 6, Alhambra 1, Burbank 1, Compton 1, La Verne 1, Los Angeles 19, San Gabriel 2, South Gate 1, Corona 1, Riverside 1, San Bernardino 1, San Francisco 1, San Joaquin County 5.

German Measles

294 cases of German measles have been reported, as follows: Berkeley 1, Fresno County 27, Kern County 6, Los Angeles County 29, Alhambra 9, Beverly Hills 2, Burbank 5, Compton 6, Culver City 1, Hermosa 1, Long Beach 6, Los Angeles 42, Monrovia 1, Montebello 1, Pasadena 5, Pomona 5, San Fernando 1, San Gabriel 1, Whittier 7, Lynwood 1, Monterey Park 1, Maywood 3, Orange County 16, Fullerton 1, Orange 1, Santa Ana 1, Placentia 6, Riverside County 1, Sacramento County 1, Sacramento 2, San Bernardino County 1, San Francisco 1, San Joaquin County 10, San Luis Obispo County 1, Lindsay 1.

Influenza

27 cases of influenza have been reported, as follows: Los Angeles County 2, Glendale 1, Los Angeles 15, Merced County 1, Brea 1, San Francisco 1, Fairfield 5, Stanislaus County 1.

Malaria

3 cases of malaria have been reported, as follows: Kern County 1, Los Angeles 1, Merced County 1.

Measles

1157 cases of measles have been reported, as follows: Alameda County 18, Alameda 11, Albany 14, Berkeley 73, Emeryville 6, Oakland 118, Contra Costa County 16, El Cerrito 7, Martinez 3, Pinole 1, Richmond 5, Walnut Creek 37, Fresno County 3, Fresno 9, Kern County 1, Bakersfield 1, Kings County 1, Lake County 3, Lassen County 14, Susanville 7, Los Angeles County 13, Azusa 1, Beverly Hills 1, Burbank 3, Compton 1, Glendale 7, Glendora 1, Long Beach 3, Los Angeles 26, Pasadena 5, Redondo 1, San Marino 1, Santa Monica 6, Whittier 7, South Gate 1, Maywood 2, Madera 1, Marin County 1, Merced County 16, Modoc County 5, Orange County 27, Fullerton 1, La Habra 3, Laguna Beach 1, Riverside County 10, Riverside 4, Sacramento 2, San Bernardino County 4, San Bernardino 3, San Diego County 23, La Mesa 1, National City 9, San Diego 4, San Francisco 329, San Joaquin County 21, Stockton 1, San Luis Obispo County 2, San Mateo County 6, Burlingame 1, Daly City 14, Redwood City 10, San Bruno 1, San Mateo 1, South San Francisco 22, Santa Barbara County 31, Santa Barbara 37, Santa Clara County 11, Palo Alto 24, San Jose 17, Willow Glen 1, Benicia 14, Vallejo 3, Sonoma County 1, Stanislaus County 5, Turlock 12, Dinuba 2, Ventura County 25, Fillmore 15, Oxnard 6, Woodland 3.

Mumps

488 cases of mumps have been reported, as follows: Alameda County 11, Alameda 2, Berkeley 18, Emeryville 1, Hayward 2, Oakland 64, El Cerrito 3, Martinez 2, Fresno County 3, Fresno 1, Reedley 1, Eureka 1, Kings County 16, Susanville 1, Los Angeles County 10, Beverly Hills 2, Burbank 1, Compton 3, Culver City 2, Glendale 1, Long Beach 7, Los Angeles 31, Pomona 2, South Gate 1, Fort Bragg 1, Orange County 13, Huntington Beach 1, Orange 1, Santa Ana 5, Seal Beach 3, Laguna Beach 2, Tustin 2, Riverside County 2, Sacramento County 1, Sacramento 14, San Bernardino County 1, San Bernardino 1, San Diego County 1, San Diego 1, San Francisco 191, San Joaquin County 2, Lodi 2, Stockton 5, San Luis Obispo 1, Daly City 3, South San Francisco 12, Santa Barbara County 4, Santa Maria 1, Santa Clara County 8, San Jose 5, Santa Cruz County 2, Vallejo 1, Sonoma County 10, Stanislaus County 3, Modesto 1, Lindsay 1, Winters 1.

Pneumonia (Lobar)

31 cases of lobar pneumonia have been reported, as follows: Alameda 1, Oroville 1, Los Angeles County 5, Alhambra 1, Los Angeles 12, Pasadena 1, Santa Monica 1, Modoc County 1, Riverside 1, Sacramento 1, San Bernardino County 1, San Diego 2, San Francisco 1, San Luis Obispo County 2.

Scarlet Fever

203 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 1, Oakland 8, Contra Costa County 1, Fresno County 1, Fresno 1, Imperial County 4, El Centro 1, Kern County 6, Bakersfield 2, Kings County 4, Los Angeles County 22, Alhambra 1, Burbank 4, Compton 2, El Monte 1, El Segundo 2, Glendale 5, Hermosa 1, Huntington Park 1, Inglewood 2, Long Beach 3, Los Angeles 45, Pasadena 2, Pomona 2, Redondo 1, San Gabriel 1, Whittier 1, South Gate 2, Maywood 1, Orange County 1, Anaheim 2, Santa Ana 1, Riverside County 5, Sacramento County 4, Sacramento 7, San Bernardino County 5, Redlands 4, San Bernardino 1, San Diego 3, San Francisco 5, San Joaquin County 6, Stockton 6, San Luis Obispo County 2, Burlingame 1, Menlo Park 1, Santa Barbara County 1, Lompoc

2, Santa Barbara 4, Santa Clara County 2, Mountain View 2, San Jose 4, Willow Glen 1, Stanislaus County 1, Exeter 1, Tulare 1, Oxnard 1.

Smallpox

9 cases of smallpox have been reported, as follows: San Bernardino County 1, San Bernardino 8.

Typhoid Fever

21 cases of typhoid fever have been reported, as follows: Contra Costa County 1, Antioch 2, Pittsburg 1, Eureka 1, Imperial County 1, Los Angeles 1, San Diego County 1, San Francisco 1, Stockton 1, Santa Clara County 2, San Jose 1, Tulare County 7, Yolo County 1.

Whooping Cough

463 cases of whooping cough have been reported, as follows: Alameda County 16, Alameda 4, Berkeley 17, Emeryville 1, Oakland 6, Pleasanton 3, Contra Costa County 5, Richmond 4, El Dorado County 1, Fresno County 12, Fresno 4, Kern County 3, Kings County 6, Lake County 10, Susanville 1, Los Angeles County 31, Beverly Hills 7, Burbank 4, Culver City 1, Huntington Park 2, Inglewood 1, Long Beach 15, Los Angeles 62, Montebello 5, Pasadena 19, Pomona 5, Redondo 1, San Fernando 3, San Marino 1, Santa Monica 3, South Pasadena 1, Whittier 7, Torrance 9, Hawthorne 1, South Gate 5, Monterey Park 2, Madera County 5, Merced County 3, Merced 6, Orange County 16, Anaheim 2, Fullerton 5, Orange 2, Santa Ana 5, La Habra 2, Placentia 3, Riverside County 6, Riverside 2, Sacramento County 4, Sacramento 5, San Bernardino County 6, San Bernardino 5, Coronado 1, San Diego 11, San Francisco 22, San Joaquin County 2, Stockton 8, San Luis Obispo County 3, San Luis Obispo 6, Daly City 4, Santa Barbara County 3, Santa Barbara 2, Santa Clara County 1, Gilroy 4, San Jose 11, Vacaville 3, Dinuba 8, Ventura County 18, Yolo County 1.

Meningitis (Epidemic)

One case of epidemic meningitis from Turlock has been reported.

Dysentery (Amoebic)

6 cases of amoebic dysentery have been reported, as follows: Pasadena 1, Orange County 1, San Francisco 1, San Joaquin County 2, Tulare County 1.

Dysentery (Bacillary)

13 cases of bacillary dysentery have been reported, as follows: Los Angeles County 3, Huntington Park 1, Los Angeles 7, Santa Clara County 1, Oxnard 1.

Leprosy

2 cases of leprosy have been reported, as follows: Corona 1, San Diego 1.

Poliomyelitis

37 cases of poliomyelitis have been reported, as follows: Los Angeles County 14, Alhambra 3, Los Angeles 9, San Fernando 1, Hawthorne 1, Gardena 1, Orange County 1, Santa Ana 1, Placentia 1, Riverside County 1, San Bernardino County 1, Santa Barbara 1, Santa Rosa 1, Stanislaus County 1.

Tetanus

2 cases of tetanus have been reported as follows: Glendale 1, Salinas 1.

Rocky Mountain Spotted Fever

3 cases of Rocky Mountain spotted fever from Susanville have been reported.

Trichinosis

One case of trichinosis from San Francisco has been reported.

Typhus Fever

One case of typhus fever from South Gate has been reported.

Food Poisoning

17 cases of food poisoning have been reported, as follows: Selma 2, El Centro 1, Los Angeles 2, San Francisco 12.

Undulant Fever

3 cases of undulant fever have been reported, as follows: Kern County 1, Long Beach 1, San Bruno 1.

Tularemia

2 cases of tularemia have been reported, as follows: Culver City 1, Sonoma County 1.

Coccidioidal Granuloma

2 cases of coccidioidal granuloma have been reported, as follows: Kern County 1, Sacramento 1.

Septic Sore Throat (Epidemic)

One case of epidemic septic sore throat from Redwood City has been reported.

Rabies in Animals

20 cases of rabies in animals have been reported, as follows: Calaveras County 1, Los Angeles County 1, Glendale 1, Huntington Park 1, Los Angeles 12, Santa Monica 1, San Joaquin County 1, Stockton 1, Stanislaus County 1.